



Meaning Therapy (Paperback)

By Daniel Keeran Msw

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Simply reading this content in its entirety, will define your positive identity and help you develop positive feelings about yourself and others if you choose. Understanding the meaning of life is the human quest and forms a foundation for psychological well-being. The purpose of religious and philosophical systems is to explore or provide a comprehensive meaning of life including values and beliefs often taken for granted by individuals within a given society. A clearer understanding of these values and beliefs, and assisting individuals to engage in this process of clarification, can help to form a foundation for mental health and can be accurately described as Meaning Therapy. The presentation given here is intended to introduce the values and beliefs given by Jesus of Nazareth who is arguably the most influential Meaning Therapist in human history.



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